



February 2012

Salt River Fitness Center - Group Exercise Classes

Ph: 480-362-7320

10,005 E. Osborn Rd, Scottsdale AZ 85256

Monday

Tuesday

Wednesday

Thursday

Friday

**February
is
American Heart
Month!**

1
11:05a-11:50a
Step Circuit w/Michelle
12:05p-12:50p
Cardio Mix w/Rachel
5:30p-6:30p
**Cardio Kickboxing
w/Rachel**

2
9:30a-10:00a
Youth Services' EEP
Mousercise
11:05a-11:50a
45 Cycle w/Jason
12:05p-12:50p
Zumba® w/Rachel
5:30p-6:30p
Zumba® w/Erniestina
6:30p-7:15p
**Senior Dance Class 55+
w/Roberta J.**

3
12:05p-12:50p
Spinning® w/Michelle
5:30p-6:30p
Cycle Express w/Rachel



6
11:05a-11:50a
Step Aerobics w/Rachel
12:05p-12:50p
Spinning® w/Michelle
5:30p-6:30p
Low Impact w/Roberta J.

7
9:30a-10:00a
Youth Services' EEP
Mousercise
11:05a-11:50a
Abs Attack! w/Jason
12:05p-12:50p
**Total Body Condition
w/Dion**
5:30p-6:30p
Spinning® w/Michelle
6:30p-7:15p
Boxing w/Nevelle

8
11:05a-11:50a
Step Circuit w/Michelle
12:05p-12:50p
**Heart Month Walk
w/Rachel**
***meet at the fitness center
courtyard**
5:30p-6:30p
Hi/Lo Sculpt w/Rachel

9
9:30a-10:00a
Youth Services' EEP
Mousercise
11:05a-11:50a
45 Cycle w/Jason
12:05p-12:50p
Zumba® w/Robin
5:30p-6:30p
Zumba® w/Erniestina
6:30p-7:15p
**Senior Dance Class 55+
w/Roberta J.**

10
12:05p-12:50p
Spinning® w/Michelle
5:30p-6:30p
Zumba® w/Rachel



13
11:05a-11:50a
Zumba® w/Rachel
12:05p-12:50p
Spinning® w/Michelle
5:30p-6:30p
Low Impact w/Roberta J.

14
9:30a-10:00a
Youth Services' EEP
Mousercise
11:05a-11:50a
Abs Attack! w/Jason
12:05p-12:50p
**Total Body Condition
w/Dion**
5:30p-6:30p
Spinning® w/Michelle
6:30p-7:15p
Boxing w/Nevelle

15
11:05a-11:50a
Step Circuit w/Michelle
12:05p-12:50p
Cardio Mix w/Rachel
5:30p-6:30p
**Cardio Kickboxing
w/Rachel**



16
9:30a-10:00a
Youth Services' EEP
Mousercise
11:05a-11:50a
45 Cycle w/Jason
12:05p-12:50p
Zumba® w/Robin
6:00p-7:30p
**Zumba® Fitness Party
Carnival @ SR Comm. Bldg.
w/Robin, Andrew, Erniestina
& Rachel**
6:30p-7:15p
**Senior Dance Class 55+
w/Roberta J.**

17
10:00am-12:00pm
**Fitness Center
CLOSED**
Health Service Meeting

12:05p-12:50p
45 Cycling w/Jason
5:30p-6:30p
Cycle Express w/Rachel



"Happy Valentine's Day"

20
**Tribal Offices &
Fitness Center
CLOSED**



21
9:30a-10:00a
Youth Services' EEP
Mousercise
11:05a-11:50a
Abs Attack! w/Jason
12:05p-12:50p
**Total Body Condition
w/Dion**
5:30p-6:30p
Spinning® w/Michelle
6:30p-7:15p
Boxing w/Nevelle

22
11:05a-11:50a
Step Circuit w/Michelle
12:05p-12:50p
Cardio Mix w/Rachel
5:30p-6:30p
Hi/Lo Sculpt w/Rachel

23
9:30a-10:00a
Youth Services' EEP
Mousercise
11:05a-11:50a
45 Cycle w/Jason
12:05p-12:50p
Zumba® w/Robin
5:30p-6:30p
Zumba® w/Erniestina
6:30p-7:15p
**Senior Dance Class 55+
w/Roberta J.**

24
12:05p-12:50p
Spinning® w/Michelle
5:30p-6:30p
Spinning® w/Michelle



27
11:05a-11:50a
Step Aerobics w/Rachel
12:05p-12:50p
Spinning® w/Michelle
5:30p-6:30p
Low Impact w/Roberta J.

28
9:30a-10:00a
Youth Services' EEP
Mousercise
11:05a-11:50a
Abs Attack! w/Jason
12:05p-12:50p
**Total Body Condition
w/Dion**
5:30p-6:30p
Spinning® w/Michelle
6:30p-7:15p
Boxing w/Nevelle

29
11:05a-11:50a
Step Circuit w/Michelle
12:05p-12:50p
Cardio Mix w/Rachel
5:30p-6:30p
**Cardio Kickboxing
w/Rachel**

**Salt River Fitness Center
Hours:**

**Mon-Thu
6:00a-7:30p
Fri
6:00a-6:30p**

**Lehi Fitness Center
Hours:**

**Tue & Thu
5:30p-7:30p**



Group Exercise Descriptions:



Abs Attack: Need to tighten and firm your mid section?? This class is for you! Using variety of equipments and body weight to strengthen and tone your tummy, attacking the core (abs, obliques and lower back).

Boxing Class: **All participants please provide your own hand wraps and gloves** MUST HAVE!!!** Learning the fundamentals of boxing: foot work, proper stance, delivery of jab and straight right. Shadow boxing & uses of the heavy bag. Offense and defense. It is an excellent source of conditioning and can be used as a vehicle to instruct sportsmanship, the value of conditioning and a positive release of frustrations and energies, in addition to building self-confidence and character.

Cardio Kickboxing: This is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power.

Cardio Mix: A basic class that's great for beginners and people who like to keep things moving! This class will incorporate the 2 or 3 following of 20-15 minutes easy to follow Hi/Lo aerobics, basic kickboxing, Step Aerobics, Zumba® or body sculpting. You'll get a diverse workout experience with this class

Hi/Lo Sculpt: This class intergrades low to moderate intensity cardiovascular workout with light weight and no weighted exercises for whole body workout.

Low Impact: Low Impact aerobic class movements involving large muscle groups used in continuous rhythmic activity in which at least one foot contacts the floor at all times. A class that is both beginners and senior friendly that does not incorporate complicated choreography.

Senior Dance Class 55+: Move and groove to the oldies, country and contemporary music set in a line dancing format. For more info contact Roberta Johnston.

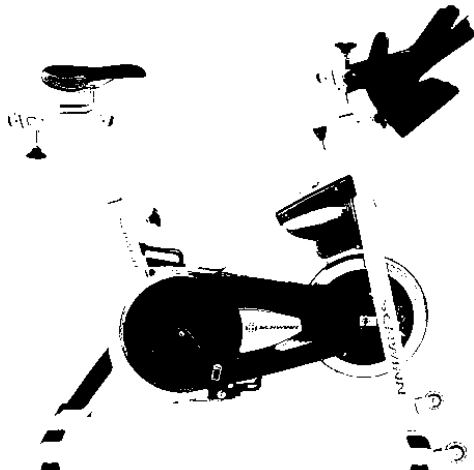
Step Aerobics: A low impact cardio workout using the adjustable step bench for a total body workout.

Step Circuit: This class includes basic step combinations at varying intensity levels, speed intervals, and weight training circuits for upper and lower body toning and strengthening.

(T.B.C.)Total Body Conditioning: This class is designed to incorporate various types of equipment including dumbbells, kettlebells, resistance bands, medicine balls, and more. This is a fun, fast-paced total body workout that targets strength and conditioning from all angles.

Mouercise: Youth Service Early Enrichment Program kids ages 3 -5 participants in a 30 minute exercise session. *Class will be available only when group meets.

Zumba®: A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique.



Spinning® or Cycling Classes: Limited to 7 participants. Remember to bring water bottle and towel for workouts!

Spinning®: Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

Cycle & Sprint: In this class the instructor will take you through a ride of variety of cycling techniques (flats, seated & standing climbs, seated & standing runs and sprints) in an upbeat atmosphere with music to motivate you through workout and if weather permits you will engage in a BRICK!! What is a BRICK? It is riding followed by a brisk walk.

Cycle Express: This 45-minute all-level class includes warm-up, cardio, cool-down and stretching. Spin Express is designed to be an efficient workout similar to the original Spin class.